

CIS Quick Reference Guide

Illinois' Career Information System

www.ides.illinois.gov

MY CIS PORTFOLIO

Store assessment results, favorite files, course plans and create résumés. Administrators: tools allow you to add your own school's courses to the Course Planner and to send messages to your students via their My CIS Portfolios.


OCCUPATIONS & EMPLOYMENT

Occupations: Get descriptions of 530 occupations including new and emerging occupations.
Streaming Videos: View 500 video clips of occupations; read over 125 Real World™ interviews.
Occupation Sort: Find occupations that match what you want to do on the job.
Job Search: Learn how to look for jobs, write résumés and cover letters, and interview well.
Keep That Job: Find out how to deal successfully with your employer and co-workers.
Self-Employment: Learn how to start your own business; includes an Entrepreneur's Quiz.
Military Employment: Investigate 140 different career options in the military.
Non-Traditional Employment: Find jobs with better pay and prospects.
Career Interest Areas: Match interests and preparation time required to CIS occupations.
Reality Check: Discover which careers will support the lifestyle you want to live.

EDUCATION & TRAINING

Programs of Study: Explore majors, courses and training programs.
Illinois Schools: Get detailed information about schools, colleges and universities in Illinois.
National Schools: Learn about 4,200 two- and four-year schools and graduate institutions.
School Sort: Find schools that fit your preferences.
Graduate School Sort: Locate programs for masters, doctoral and professional degrees.
Financial Aid: Investigate 3,000 financial aid awards, scholarships, grants and loans.
Financial Aid Sort: Discover scholarships, grants and loans for which you may qualify.
Apprenticeships: Describes apprenticeship programs and useful contacts.
Learning Activities: 600 activities linked to 10 curriculum areas; many printable worksheets.

ASSESSMENTS & LINKS and ADDITIONAL RESOURCES

O*NET Interest Profiler: Match work-related interests with occupations.
Values Work Importance Locator: An online card sort for values and preferences.
SKILLS: Find your transferable skills and match them to occupations.
Assessment Link: Connects results from other popular inventories to CIS occupations.
Links Outside CIS: Internet links to other career resources on the Web.
Recommended Links: Links for Spanish language resources, veterans, green careers, etc.
Article Directory: Offers feature articles on education and careers plus virtual tours of colleges.
Employer Locator: Find out about potential employers, complete with contact names and maps.
Glossary: Explanation of career, financial aid, military, and education terms.
Tools for Users: How to get the most out of CIS including resources for parents.
Tools for Counselors: Portfolio administration and educator resources.
Tech Support: FAQs for troubleshooting, browser requirements, hardware and software.
CIS Plus: Low-cost annual lease for premium services <http://www.ilworkinfo.com/PDF/CISPlus.pdf>
Test Prep: Practice tests for SAT, ACT, GED, ASVAB and more plus civil service exams.
IDEAS Assessment: Learn which occupations match your interests.
Dependable Strengths: Identify how your most satisfying experiences relate to careers.
Spanish and English items are shown on the CIS home page by yellow and blue arrows. 

Questions? Contact the Illinois Career Resource Network (ICRN) at
des.icrn@illinois.gov or toll-free (877) 513-1987